

Comments from *JABA* Readers

WAS CARL JUNG A BEHAVIOR ANALYST?

BRUCE A. THYER

UNIVERSITY OF GEORGIA

Although Ron Chernov's (1998) recent biography of John D. Rockefeller, Sr. is an interesting book in its own right, behavior analysts might find the following account of how psychoanalyst Carl Jung treated one of his patients informative, particularly in the light of contemporary approaches to treating phobic disorders using successive approximations in real-life contexts.

On December 20, Harold [one of Rockefeller's sons] sailed back to America without Edith [Harold's wife]. Beyond her veneration for Jung, she was immobilized by a travel phobia that made even brief train trips unbearable torments. The severity of her fears can be gleaned from a gossip account written by her Zurich chauffeur, Emil Ammann, who was driven to distraction by her antics. . . . The chauffeur played a pivotal role in the therapy to cure her travel phobia. Jung recommended that

Edith board a train and travel as far as she could; sometimes, however, she sprang from the train in terror before it even left the station. But if she could stave off the terror and stay aboard, Ammann would speed ahead in the Rolls-Royce and meet her at the next station; if she felt secure enough to go on, she waved from the train window and he raced to the next station. Sometimes these grueling exercises lasted three hours, leaving both Edith and Ammann exhausted. (Chernov, 1998, pp. 599–600)

REFERENCE

Chernov, R. (1998). *Titan: The life of John D. Rockefeller, Sr.* New York: Random House.

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